

Abstract

The invention relates to a tension or guide rail for a flexible drive means, in particular for a timing chain of an internal combustion engine, with a carrier body and guide track which can be pressed onto the flexible drive means, where the tension or guide rail comprises an installation channel which is independent of the action of the guide track. The carrier body can comprise at least a first and at least a second carrier-body side part, which are permanently joined together and which jointly define the installation channel.